

Amendments to the Claims

Claims Listing

This claims listing replaces all prior claims listings of the case.

1. (original) A martial arts training device, including:
  - a. an elongate shaft;
  - b. at least four arms, each arm extending at approximately a right angle from the shaft, the arms being located in spaced apart relationship both with respect to the length of the elongate shaft, and with respect to orientation around the shaft in a plane normal to the shaft, wherein each arm after a first arm has a predecessor arm along the shaft, and each arm after the first arm is rotated at least 60<sup>0</sup> with respect to its predecessor arm and wherein at least one arm of the at least four arms extends into each quadrant of a circle with the elongate shaft at its center;
  - c. a first rotary bearing; and
  - d. a base, the base supporting the first rotary bearing and the first rotary bearing supporting the elongate shaft at an end thereof such that the shaft is capable of 360<sup>0</sup> rotation.
2. (Withdrawn)The martial arts training device of claim 1, wherein the first rotary bearing is a roller bearing.
3. (Withdrawn)The martial arts training device of claim 1, wherein the first rotary bearing is a ball bearing.
4. (original) The martial arts training device of claim 1, wherein the first rotary bearing includes two opposed cup structures each structure including a hollow cylinder closed at one end by a curved surface.
5. (original)The martial arts training device of claim 1, wherein the martial arts training device is free standing.

6. (Withdrawn) The martial arts training device of claim 1, wherein the base is attached to another structure so that the position fixed.
7. (original)The martial arts training device of claim 1, wherein the at least four arms consist of exactly four arms.
8. (Withdrawn) The martial arts training device of claim 1, wherein the at least four arms comprise six arms.
9. (original) The martial arts training device of claim 1, wherein the at least four arms are spaced apart with respect to orientation around the shaft such that each arm extends from the elongate shaft at approximately a quadrant boundary of a circle with the elongate shaft at its center.
10. (original) The martial arts training device of claim 1, wherein the at least four arms have a topmost arm and three succeeding arms oriented at  $0^{\circ}$ ,  $180^{\circ}$ ,  $270^{\circ}$ , and  $90^{\circ}$  respectively with respect to a circle having the elongate shaft at its center.
11. (original)The martial arts device of claim 1, wherein the device further comprises padding covering portions of the at least four arms.
12. (Withdrawn) The martial arts training device of claim 1, wherein the device further comprises a second rotary bearing supporting the elongate shaft at a second end of the elongate shaft.
13. (Withdrawn) The martial arts training device of claim 12, wherein the second rotary bearing is chosen from the group consisting of roller bearings and ball bearings.

14. (Cancelled) A kit for assembly of a martial arts training device including: an elongate shaft; a first rotary bearing; a base; at least four arms; wherein the first rotary bearing is installable in the base and the elongate shaft is supportable on the first rotary bearing when installed in the base; and wherein the at least four arms are capable of being mounted on the elongate shaft in spaced apart relationship with respect to the length of the elongate shaft and with respect to orientation around the elongate shaft in a plane normal to the elongate shaft such that each arm after a first arm has a predecessor arm along the elongate shaft, and each arm after the first arm is rotated at least  $60^{\circ}$  with respect to its predecessor arm and at least one arm extends into each quadrant of a circle with the elongate shaft at its center, and wherein the elongate shaft is capable of rotating a full  $360^{\circ}$  when supported by the first rotary bearing supported by the base.
15. (Cancelled) The kit of claim 14, wherein the at least four arms include six arms.
16. (Cancelled) The kit of claim 14, wherein the kit further includes a second rotary bearing and a top support, the second rotary bearing being installable in the top support and the elongate shaft being installable in the second rotary bearing such that when the kit is assembled into a martial arts training device the shaft is supported by both the first rotary bearing and the second rotary bearing.
17. (Cancelled) The kit of claim 14, wherein the base includes a fixed shaft, attachable to the base such that it cannot rotate, and wherein the elongate shaft is hollow and fits over the fixed shaft.

18. (Withdrawn) A method of a practitioner gaining proficiency in martial arts including the following acts:

- standing near a martial arts training device wherein the martial arts training device includes a vertical elongate shaft supported by a rotary bearing, the rotary bearing supported by a base such that the shaft can rotate freely 360 degrees in either direction, the device including at least four arms, each arm extending out from the shaft at about a right angles thereto, the arms being located in spaced apart relationship both with respect to the length of the shaft and with respect to orientation around the shaft in a plane normal to the shaft, wherein each arm after a first arm has a predecessor arm along the shaft, and each arm after the first arm is rotated at least 60° with respect to its predecessor arm, and wherein at least one arm extends into each quadrant of a circle with the elongate shaft at its center;
- striking an arm of the device;
- allowing the shaft to rotate until a next arm comes within striking distance;
- attempting to strike the next arm before hit by the next arm; and
- repeating acts 2,3 and 4.

19. (Withdrawn) The method of claim 18, further comprising increasing the striking impulse with which an arm is struck such that momentum of the shaft is increased and greater capability is required to avoid being struck by an arm.

20. (Withdrawn) The method of claim 18, wherein an overhead block is practiced.

21. (Withdrawn) The method of claim 18, wherein an inside block is practiced.

22. (Withdrawn) The method of claim 18, wherein an outside block is practiced.

23. (Withdrawn) The method of claim 18, wherein a downward block is practiced.